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Philip Seymour Hoffman dead at 46

 Oscar-winning actor died of apparent overdose **PAGE 10**


Family that skis together wins Games together

 Trio of skiing sisters says their tight bond will help them at Olympics **PAGE 22**

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SEAHAWKS STOMP BRONCOS

Seattle Seahawks quarterback Russell Wilson holds up the Lombardi Trophy after winning the NFL Super Bowl XLVIII football game against the Denver Broncos, in East Rutherford, N.J. The Seahawks won 43-8. Story, page 21. CHRIS O'MEARA/THE ASSOCIATED PRESS

Local teen OK after Mexico hijacking

Violent altercation. Edmontonian texted her mother about men who boarded bus demanding belongings

LEAH GERMAIN
leah.germain@metronews.ca

Stephanie Ostrander said she didn't know what to expect when her phone rang at 1:30 a.m. Sunday.

The Edmonton mother had been expecting to hear from her 16-year-old daughter Arielle, who had been visiting her grandfather in Mexico and was travelling by bus to Mexico City to catch a plane, but 1:30 a.m. was too early for that call.

"She called me on her cell

phone and I was expecting her to call in the morning as she arrived in Mexico City," Ostrander said. "That was the deal — you call at the beginning and end of each leg of the trip."

To her disbelief, Arielle described a grizzly scene to her mother: men had boarded the bus she was travelling on and were demanding belongings from all of the travellers.

Ostrander immediately started calling for help, eventually speaking with Foreign Affairs, while Arielle sent texts keeping her mother informed of what was happening on the bus, including the bus driver being assaulted and wounded by the men.

"I could have died today," said Arielle, who spoke with Metro from LAX as she travelled home Sunday night. "That didn't occur to me until now.

"I just wanted to go on vacation and see my grandparents," she said, choking back tears.

Eventually the men left the bus and it was taken to a military checkpoint, where Arielle said two police officers boarded the bus and travellers were given the choice to continue on the trip or stay in Acapulco.

"(Arielle) had a lot of where-withal," Ostrander said. "She was keeping me calm and I was keeping her calm."

"She is a very strong girl," added the mother of two. "She is very well versed in that style of travel."

After Sunday's ordeal, Ostrander said she would not be visiting with her family.

"I think we are now very clear Mexico is not the country it used to be," she said. "We've all agreed Mexico is over for us."



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Right for Alberta?

Folk fest organizer not sold on B.C. liquor changes

Sweeping new changes to liquor laws in British Columbia will be reviewed by the Alberta Liquor and Gaming Commission, but the organizer of one of Edmonton's major festivals isn't sure the changes would be the right fit.

While long line-ups for beer gardens is one complaint that Terry Wickham hears, the director for Edmonton Folk Fest worries about doing away with the fenced-off area.

"It sounds great in theory, having people wander around and drink beer, but I would be concerned as to how noisy the crowd might be," Wickham said.

Also among the changes set to shake up B.C. is the sale of booze at grocery stores.

Wickham suggests that there would be some benefit to Alberta adopting similar rules as B.C., if not for anything else but choice.

"It's always good to have a choice," Wickham said.

Under current Alberta Gaming and Liquor Commission laws, festivals are required to cordon off alcohol-consumption areas. Yet spokesperson Jody Korchinski said the commission is constantly reviewing policy.

"We do have an interest in making sure our liquor policies make sense and provide a balance with being business-friendly, not having unnecessary red-tape, but also ensuring public safety," she added.

LEAH GERMAIN/METRO



Traffic moves through the intersection of Yellowhead Freeway and 149th street, which topped the list of the city's worst intersections in 2013. RYAN TUMILTY/METRO

Yellowhead dominates worst-intersection list

Traffic collisions.
Councillor says safety must become part of the free-flow debate



RYAN TUMILTY
ryan.tumilty@metronews.ca

Free-flowing the Yellowhead could be the solution to more than just gridlock, as new numbers from the office of traffic safety show that intersections on the freeway are collision hot spots.

The Yellowhead and 149th Street was the worst intersection in the city according to the numbers, with 82 collisions in 2013.

Following closely behind was 107th Avenue and 142nd Street with 80 crashes, then 23rd Avenue and 91st with 64 collisions. In fourth was 90th Avenue and 85th Street with 63 collisions.

The Yellowhead also rounded out the top five where it intersects with 127th Street — the site of 60 crashes last year.

The city has an unfunded plan that would eliminate the intersections on the Yellowhead and turn it into a free-flow roadway.

That debate is often about moving people more efficiently through the city, but Coun. Andrew Knack said safety has to be part of the

conversation as well.

"There is never just one piece to the puzzle. It is not solely goods movements, it is not just the needs of business — it is also the safety," he said.

Knack said the billion-dollar price tag for the Yellowhead project means the city will need help to move that project forward.

"Just like with LRT, to make Yellowhead a free-flow is going to become a partnership amongst all the levels of government. Realistically, there is no way we can do it on our own," he said.

Sgt. Dave Green with Edmonton Police said he believes a free-flow Yellowhead would see fewer collisions because it would eliminate the biggest cause.

Past rankings

Both Yellowhead intersections also made the worst intersections list in 2012, with Yellowhead and 149th Street in second place and Yellowhead and 127th Street in fifth.

"The vast majority of the collisions on Yellowhead Trail are left turns across the path," he said.

He said for now motorists need to stop pushing yellow lights and making sure they can safely turn left before starting their turn.

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Bike-lane project scaling back

Complete streets.

City looking at how to better consult with public on projects



RYAN TUMILTY
ryan.tumilty@metronews.ca

Cyclists and advocates for more complete streets are hoping the city's bike-lane plan will face only a minor bump this year before it gets back on track.

Councillors will get a report this week on last year's bike lanes, which says that despite a string of public consultations, many residents were disappointed and dissatisfied with the final result.

Christopher Chan, executive director of the Edmonton Bicycle Commuters' Society, says having the city take a timeout to get people on board is worth it.

"We are happy to see that, because it is not just a matter of ramming bike lanes through neighbourhoods that don't want them," he said.

The city's report calls for planning work — but no construction on bike projects next year — along 83 Avenue

Last year

Between public meetings and online forums, the city had almost 1,800 participants in bike-lane public consultation events in 2013.

in Old Strathcona and 102 Avenue in Oliver, which Chan says makes sense because there are cyclists in those areas.

Duncan Kinney, chair of the West Downtown Complete Streets group, says he hopes the city listens to everyone, not just groups opposed to all bike infrastructure.

"It is important to remember that just because you were consulted doesn't mean that you are going to get what you asked for," he said.

Coun. Andrew Knack says this process needed more direction from council about where bike lanes should go and he is glad they will get a chance to offer it.

"Let's take a step back and make sure council can provide direction on exactly what we want."



For more news visit
metronews.ca



A bike lane on 95 Avenue that was installed last year. The city plans to take a harder look at how the public is involved in planning for the lanes.
RYAN TUMILTY/METRO

Department can't meet demand: U of A professor

University of Alberta professor Ryan Dunch says his department is struggling to keep up with student demand.

Working in the East Asian studies department, Dunch says contract instructors are often relied on to teach language courses, which are in

high demand, but budget cuts in the last year have only made a bad problem worse.

"We are not collapsing," Dunch clarified. "But we have perilously few actual tenured professors."

"It's an extreme example of the reliance of Canadian

universities on non-tenured faculty."

An advocate for more courses across the country focusing on East Asia studies, Dunch says cuts to bachelor of science and arts programs could have a detrimental affect on the country's future.

"We are at a moment in Alberta where there is lots of discussion on the relevant value of different types of degrees and the different types of education," he said, adding many students complete a first degree in either science or arts and they need to be

supported in the province.

The dean of U of A's faculty of arts, Lesley Cormack, said last year's "budget cuts have meant balancing the many needs of a diverse faculty, which serves over 6,000 students."

"This has led to conversa-

tions within departments and with departments about priorities for the upcoming year," she added.

Later this week, the school's general faculties council will be looking at a draft budget for 2014-15.

LEAH GERMAIN/METRO

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Anti-Putin protesters ask for release of jailed activists

'Hostages of Putin.'

Protesters march Sunday with portraits of the prisoners and banners demanding their freedom

Several thousand protesters marched through central Moscow on Sunday to call for the release of 20 people who were arrested after clashes between police and demonstrators in May 2012.

Some of them face up to 10 years in prison if convicted for the protest, held on Bolotnaya Square on the eve of President Vladimir Putin's inauguration to a third term as Russia's president.

Putin's return to the presidency saw the passing of new laws aimed at cracking down on anti-government protests and restricting non-governmental organizations.

The protesters marched Sunday with portraits of the jailed protesters and a banner stretching across the street reading: "Freedom to the Bolotnaya heroes, the hostages of Putin."

Some also carried Ukrainian flags to show their support for the anti-government protesters in neighbouring Ukraine, where demonstrations have been going on for more than two months.

Of the 28 people rounded up in the Bolotnaya case, eight were recently freed on amnesty. Several defend-



Opposition demonstrators carry posters of imprisoned protesters during a rally in Moscow on Sunday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

ants have been under house arrest, but most of the others have been in jail for

more than a year and a half. Only three of the cases have been decided: Two

defendants received light sentences after co-operating with investigators and

a third was sent for forced psychiatric treatment.

THE ASSOCIATED PRESS

Accommodation shortage looms large in Sochi



Construction work continues outside the Gorki Plaza East hotel in Krasnaya Polyana, Russia, on Sunday. LUCA BRUNO/THE ASSOCIATED PRESS

Construction workers ignored the blaring alarm in Gorki Plaza on Sunday, tuning out the loud hoot-hoot and automated voice that urged guests to evacuate.

That was a fire drill, a requirement ahead of building approval, but alarm bells of a more figurative kind are ringing louder and louder for the organizers of the Sochi Olympics.

It's almost impossible to pin down how many hotels will be finished ahead of the Winter Games, which officially open

Friday.

Gorki Plaza was always supposed to be a hive of activity, an accommodation and transport hub for thousands of visitors to Olympic venues in the mountains above Sochi.

It just wasn't supposed to be a hive of building activity this late. And that has Olympic leaders worried.

IOC President Thomas Bach was given a status update on accommodation by local organizers at an executive board meeting Sunday. "There is a great confidence and great satisfac-

tion with what we have seen here," Bach said. "Of course, ... always before the games, we have some issues to be addressed. We received information that this will be addressed, but in general for the athletes the stage is set."

But the accommodation situation for non-athletes threatened to become a major embarrassment for organizers when some Olympic-accredited people were turned away in recent days from unfinished hotels, or checked into unfinished rooms. THE ASSOCIATED PRESS

Hotels

Organizers estimate that thousands of media will arrive in Sochi on Monday. About 11,000 overall are expected to cover the event. Spectators are expected to flood in later in the week.

- Local organizers said Saturday only six of the nine media hotels in the mountain cluster were finished.

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Industry Canada's rigid Twitter rules

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twitterverse.

Newly disclosed documents from Industry Canada show how teams of bureau-

crats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from

the spirit of Twitter as you can get — and from a department that's supposed to be on the leading edge of new communication technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets.

In turn, Industry Canada agrees to do the same for

Quoted

"You're imposing structure on a form of communication that inherently rejects structure."

Anonymous Industry Canada insider, on the department's strict Twitter protocol

tweets from the Business Development Bank of Canada and others.

Formal policy for the

department was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. Policy generally precludes tweeting on weekends, and the minister's personal Twitter handle must

be kept out of departmental tweets, though his name and title are often included.

The resulting tweets read like stiff public service announcements.

An insider at Industry Canada said the "super-rigid process" is frustrating and simply doesn't work for Twitter.

"We don't really know what we're supposed to be on Twitter," he said in an interview, on condition of anonymity to protect his job.

THE CANADIAN PRESS



Groundhogs split on whether our weather will get better

Wiarton, Ont., Mayor John Close, right, laughs after listening to groundhog Wiarton Willie's weather prediction on Sunday. Canada's major prognosticating rodents provided a split decision on whether the country is in for an early spring or not. Ontario's Wiarton Willie spotted his shadow, which according to groundhog folklore means Canadians can expect six more weeks of winter. Nova Scotia's Shubenacadie Sam was the first groundhog out, delivering a promising forecast for winter-weary Canucks after he did not see his shadow, signalling an early spring. FRANK GUNN/THE CANADIAN PRESS

Mideast tour. Poll finds support for PM's trip

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

In the meantime, 26 per cent said they held an un-

favourable view. However, the majority of those polled (42 per cent) said they had no opinion.

The survey on Harper's first foray to the Middle East was conducted from Jan. 23 to Jan. 27 by Harris/Decima.

THE CANADIAN PRESS

Survey. U.S. abortion rate at lowest level since 1973

The U.S. abortion rate declined to its lowest level since 1973, and the number of abortions fell by 13 per cent between 2008 and 2011, according to the latest national survey of abortion providers conducted by a prominent research institute.

The Guttmacher Institute, which supports legal access to abortion, said in a report being

issued Monday that there were about 1.06 million abortions in 2011 — down from about 1.2 million in 2008. Guttmacher's figures are of interest on both sides of the abortion debate because they are more up-to-date and in some ways more comprehensive than abortion statistics compiled by the federal Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

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Ukrainian president returning to work

Ongoing unrest. Viktor Yanukovich's office announced end of sick leave opposition leaders found suspicious

The Ukraine's president will return Monday from a short

sick leave that had sparked a guessing game that he was taking himself out of action in preparation to step down or for a crackdown on anti-government protests.

Viktor Yanukovich's office made the announcement about the president's return the same day as protesters seeking his resignation held one of their largest gatherings in recent weeks. About

'With the help of the world'

"The crisis will end at last when ... we will hold new elections that will stop the regime of Yanukovich."

Protest leader Vitali Klitschko

20,000 people assembled at the main protest site in

Kyiv's central square on Sunday.

Yanukovich's sick leave was announced Thursday, with his office saying he had an acute respiratory illness. Some opposition leaders were skeptical, however, and thought Yanukovich was disappearing in preparation for imposing a state of emergency.

THE ASSOCIATED PRESS



An opposition supporter asked his girlfriend to marry him at the protesters' barricades in central Kyiv, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Sibut. Rebels flee key Central African Republic town; looting ensues

Heavily armed rebels fled a key town not far from Central African Republic's capital as French and African peacekeepers deployed on Sunday, witnesses said, though a rebel commander warned they were likely to return.

Civilians immediately began looting the property of Muslim residents of the town, witnesses said.

Members of the mostly Muslim Seleka coalition, accused of committing widespread atrocities since ousting the president of a decade in March last year, had in

recent days gathered in the town of Sibut, 180 kilometres north of Bangui.

Some feared the rebels were preparing to overthrow a transitional government appointed last month.

But as heavy rain fell early Sunday, the 200 or so rebels split up and fled, with one convoy of vehicles heading north and another to the east, said Sibut resident Eugene Sangami.

"These elements benefited from the heavy rain to organize their retreat," Sangami said. THE ASSOCIATED PRESS

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A refugee holds a mattress on the top of a plane in the airport camp in Bangui, Central African Republic, Sunday. HIPPOLYTE MARBOUA/THE ASSOCIATED PRESS

Thailand elections

Poll closures affected 18 per cent of voters

Thailand held nationwide elections without bloodshed Sunday despite widespread fears of violence. But the country's bitter political crisis is far from over, and one of the next flash points is likely an effort to nullify the vote. Protesters forced thousands of polling booths to close in Bangkok and the south. THE ASSOCIATED PRESS

Costa Concordia

Diver dies while salvage work goes on

A diver died Saturday while working on the shipwrecked Costa Concordia, apparently after gashing his leg on an underwater metal sheet while preparing the wreck for removal. Italy's civil protection agency, which is overseeing the removal of the Concordia, said the diver hailed from Spain. THE ASSOCIATED PRESS

Actor Philip Seymour Hoffman dead at 46

Family 'devastated.'
Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won a best-actor Oscar in 2006 for his portrayal of writer Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and



Philip Seymour Hoffman in 2006, after winning an Oscar for his work in *Capote*. Hoffman was found dead Sunday. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy

Awards four times in all: for *Capote*, *The Master*, *Doubt* and *Charlie Wilson's War*. He also received three Tony nominations for his work on Broadway.

Hoffman spoke candidly over the years about past strug-

gles with drug addiction. After 23 years sober, he admitted in interviews last year to falling off the wagon and developing a heroin problem that led to a stint in rehab.

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

Hoffman's family called the news "tragic and sudden." Hoffman is survived by his partner of 15 years, Mimi O'Donnell, and their three children.

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," the family said in a statement.

THE ASSOCIATED PRESS

'Disgraceful.' Woody Allen says Dylan Farrow's sex-abuse claims are 'untrue'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by The New York Times, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

The 1992 allegation came shortly after Allen became involved with Mia Farrow's adopted daughter, Soon-Yi Previn. Allen, then in his mid-50s, was not the adoptive father of Previn, who was about 19 at the time. The two



Woody Allen THE ASSOCIATED PRESS FILE

married in 1997 and have two adopted daughters.

Connecticut prosecutors investigated the allegations in 1993 but did not charge Allen. The 78-year-old director has long maintained his innocence.

In the open letter, Farrow recalled several events from her childhood. In a letter to op-ed columnist Nicholas Kristof, she said she was moved to speak out because of Hollywood's continued embrace of Allen.

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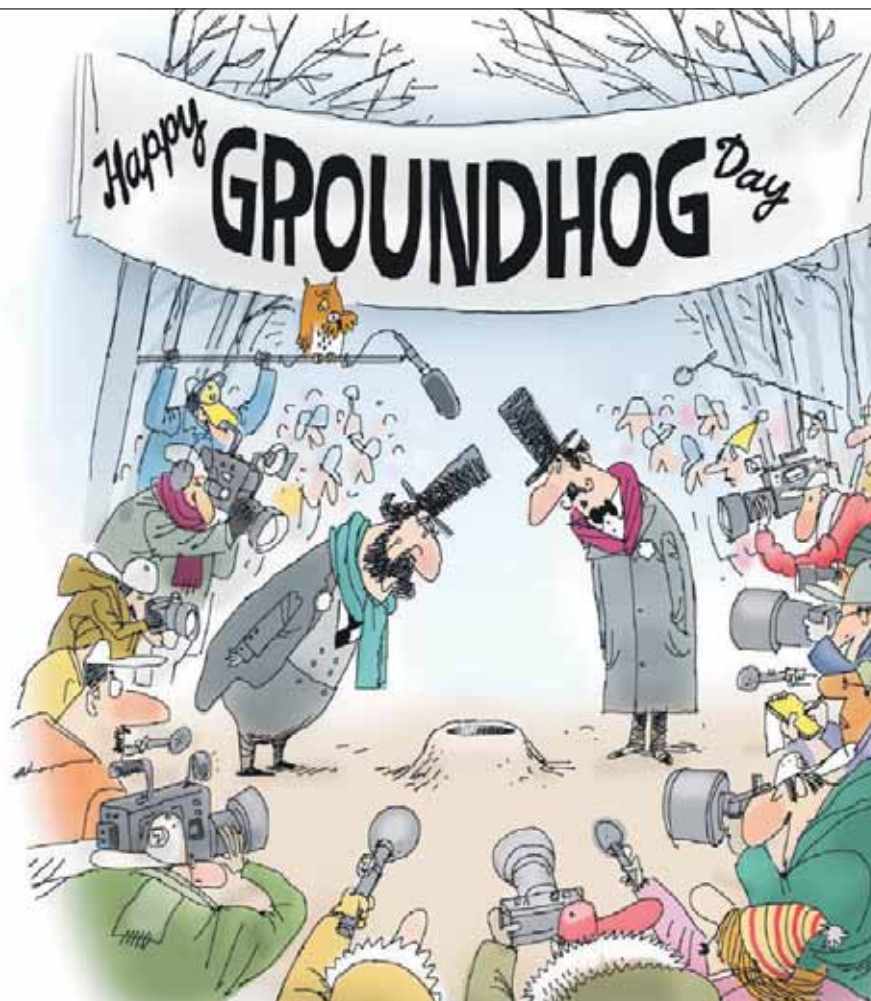
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Harsh new terrorism law unveiled in Saudi Arabia

Human rights activists concerned. Any act that 'undermines' state, or calls for regime change, can be tried as terrorism

Saudi Arabia put into effect a sweeping new counterterrorism law Sunday that human rights activists say allows the kingdom to prosecute as a terrorist anyone who demands reform, exposes corruption or otherwise engages in dissent.

The law states that any act that "undermines" the state or society, including calls for regime change in Saudi Arabia, can be tried as an act of terrorism. It also grants security services broad powers to

Absolute monarchy

The measure was approved by the Cabinet in December and ratified by King Abdullah.

- Saudi Arabia is one of the world's last absolute monarchies. All decisions are centred in the hands of 89-year-old King Abdullah. There is no parliament.

raid homes and track phone calls and Internet activity.

Human rights activists were alarmed by the law and said it is clearly aimed at keeping the kingdom's ruling Al Saud family firmly in control amid demands for democratic reform since the Arab Spring protests.

THE ASSOCIATED PRESS



Serbian winds cause drifts

Vehicles are seen stuck in snowdrifts on the road near Backa Topola, Serbia, on Sunday. Snowdrifts, formed by stormy winds, have blocked two passenger trains and dozens of vehicles in northern Serbia, leading authorities to close several roads and a border crossing.

DARKO DOZET/THE ASSOCIATED PRESS

Kenya

Police arrest radical Muslim youths at mosque

Police opened fire on Muslim youths wielding daggers at a mosque linked to recruiting Islamic extremists, and at least one officer and a young man were killed Sunday, witnesses and officials said in the coastal resort and port city of Mombasa.

Police said they raided the Masjid Musa mosque acting on intelligence that a meeting to recruit militants was going on.

A reporter at the scene saw police shoot and kill one person as they tried to disperse a growing crowd screaming "Allahu akbar" or "God is great" outside the mosque, which has been the recent site of violent confrontations between young Muslims and police.

A police officer who was stabbed in the face died of his wounds, said Mombasa police commander Robert Kitur.

Another officer was stabbed in the stomach and was being treated.

Police later occupied the mosque. "We have arrested dozens of youths who attacked our officers while on duty at the mosque and they are under interrogation," he said. They also recovered a

gun stolen from an officer.

Kitur said the officers were "on a mission to remove radical paraphernalia from the mosque when they faced resistance." Henry Ondieki, the Mombasa chief of criminal investigations, said police forcibly entered the mosque. "This was not a normal day of prayers ... They were planning to recruit and attack innocent Kenyan civilians."

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Budget. NDP renew push to cap ATM fees at 50 cents

The NDP is stepping up its battle against bank machine fees, urging the government to make good on its pledge to do something about the charges that vex some Canadian consumers.

A motion calling for the cap will be debated in the House of Commons on Monday. It urges the Conservative government to take action on ATM fees in its upcoming federal budget.

NDP Leader Tom Mulcair says the ATM fees are “sky-high.”

“We in Canada right now are noticing that in a lot of our inner city areas there are no more banks — not even credit unions are present,” he said in Vancouver.

“So people fall prey if they

Cost to banks

36¢

Glenn Thibeault, the NDP's consumer affairs critic, says it costs banks as little as 36 cents when customers withdraw their own money from bank machines.

go to a local convenience store — they're paying a small fortune to have access to their own money.”

Banks provide free use of ATMs for their customers, while non-customers are often charged fees that can be as high as three dollars.

The NDP proposal would cap ATM withdrawal fees at 50 cents per transaction across the board. **THE CANADIAN PRESS**



The road to MacKay River is paved with sticky dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — i.e., spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a byproduct of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. **SUNCOR/GE/HANDOUT/THE CANADIAN PRESS**

Bell Canada. 'Nullcrew' takes credit for hacking

Bell Canada says 22,400 of its small business customers have had their account information compromised by hackers.

Bell says in a release the breach of usernames and passwords occurred when an Ottawa-based third-party supplier had its systems hacked. It says the information was posted to the Internet this weekend.

Bragging online

“Successful day hacking Internet service providers is successful.”

The group 'Nullcrew' tweeted Jan. 14.

A hacking group calling itself Nullcrew is claiming credit for the attack, and tweeted a link to the data early Saturday.

Bell says five valid credit card numbers were included in the information dump.

The telecom giant says the affected account passwords have been frozen, and that it is contacting impacted customers and credit card companies.

Bell says its own systems were not hacked, and that its residential, mobility and enterprise customers are not affected. **THE CANADIAN PRESS**

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HOW TO ROLL
Alison Griffiths
metronews.ca

62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit \$1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one expected the Canadian dollar to remain that elevated so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated “fair value” mark of 85 cents against the greenback. Some predictions, notably that of San Francisco hedge-fund manager Vijai Mohan, a longtime Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will

hover or rise, should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including withdrawing funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.

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WHAT ARE THEY DOING FOR 100K+?

Last week, the Government of Alberta published its Sunshine List of employees earning more than \$100,000.

Unfortunately, municipalities were not required to do the same. However, that would not keep municipalities from following suit as they do in a number of other provinces. But there appears to be little appetite for that in Edmonton. The question is why.

Whose interests are protected by keeping that information secret? It's pretty easy to find out the wage range for every unionized employee in the city. Why not make it just as easy to find out what all non-unionized staff make?

To be fair, some of that information is public if you look hard enough. In 2011, the pay range for the city manager was between approximately \$280,000 and \$330,000.



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

General managers made between about \$213,000 and \$266,000. They were also entitled to a flexible spending credit of \$12,600 per year. That money is made up of a car allowance and a health-care spending account. And once those positions have reached the top of their salary range, they can get an annual increase of five per cent, but only if they have met or exceeded performance expectations.

I know we have one city manager, but how many general managers are there and what exactly do they do for their money?

Given the lofty salary of general managers, one can only assume that there is a relatively large whack of people who make more than \$100,000.

It's true that a salary of \$100,000 isn't the princely sum it used to be. But based on the latest figures I could find, it is about twice

Who decides?

Who decides if they have or haven't met expectations and what those expectations are is anybody's guess. But I know for sure it isn't you or me who has anything to say about it.

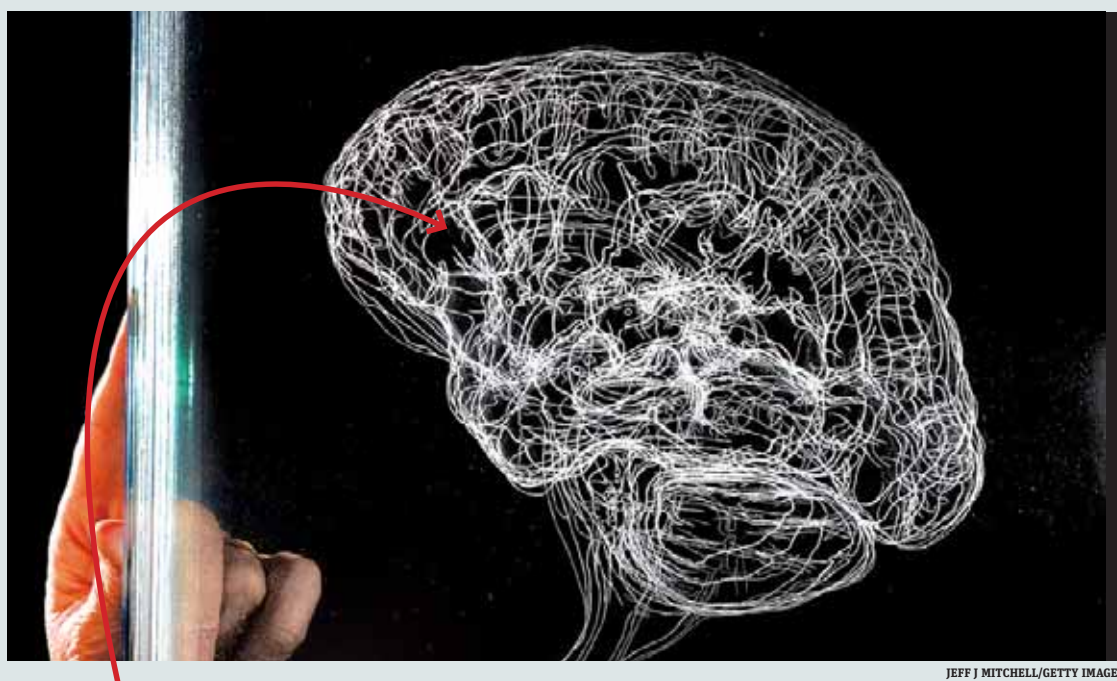
the average Edmontonian's wage and just a little less than what the average household income is. Not releasing this salary information hardly seems in keeping with our current mayor's commitment to a more transparent and open municipal government.

And speaking of the mayor, I had to laugh at his annoyance that trains crossing 50th and 75th Streets cause all kinds of traffic tie-ups and that the railway should do something about that.

How about we lead by example and fix the mess caused by the LRT crossing at 111th Street and University Avenue?

ZOOM

Portrait of the artist as a brain



JEFF J MITCHELL/GETTY IMAGES

A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work *Brain of the Artist*, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners.

METRO

Artist's viewpoint

"It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognizably 'you' and yet it could not be more intensely personal."



"Being scanned felt like a mechanical fortune teller passing over your body," artist Angela Palmer said. GETTY IMAGES

Sculpture exposes 'inner architecture'

"Recreating the brain is perhaps the most objective form of self-portraiture," Palmer describes. "I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void." METRO

Clickbait



LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.



FACEBOOK.COM

Lil Bub (lilbub.com):

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

Nala Cat (nalacat.com):

Quite possibly the only cat with

over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The "forecasters" bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!

Stoneaxem, posted to metronews.ca

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E-books



Cinefex

By Don Shay & Jody Duncan

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MIND THE APP

Kris Abel
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A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from \$15 to \$5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with \$12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with \$9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with \$9 million US. **THE ASSOCIATED PRESS**

Glamour on the gridiron

Forget the football!

Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included



Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtle-neck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.

After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second."

THE ASSOCIATED PRESS



Oh, Joe!



Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

Rob Ford the answer to Canada's literary woes

Satirical American-Russian author Gary Shteyngart says he's sorry for saying some Canadian authors take fewer risks because they are beholden to government grants.

But he still stands by his words, which he recently made to an online publication, and he thinks the problem will eventually change, thanks to embattled Toronto mayor Rob Ford.

"I think Rob Ford will give Canada licence to do something else," Shteyngart said in an interview to promote his new immigrant memoir, Little Failure.

"Because now literature — the idea of this sort of perfect country, which is how many people see it, where everything just hums along smoothly and people are polite — you've got Rob Ford and that raises the bar, and I think literature has to meet that bar in some way.

"Because now we know that there's a craziness underneath it all that exceeds any insanity that we have in our craziest states — in Jersey, Alabama. I mean, this is beyond crazy. This is so crazy that, as a satirist who invents countries like Absurdistan, I could have never

American-Russian author
Gary Shteyngart. CONTRIBUTED

invented this."

The bespectacled novelist behind Super Sad True Love Story, Absurdistan and The Russian Debutante's Handbook recently took a jab at the state

of CanLit in an article on vulture.com. It was in response to a question of whether fiction should be subsidized. "Let me say this. I was the judge of a Canadian prize, and it's subsidized, they all get grants," started Shteyngart, who was on the jury for the 2012 Scotiabank Giller Prize that went to Will Ferguson's novel 419.

"Out of a million entries, we found four or five really good ones, but people just don't take the same damn risks! Maybe they want to please the Ontario Arts Council, or whatever it is."

On Friday, when asked

about the comments, Shteyngart delivered a tongue-in-cheek apology.

"I'm so sorry, Canada. I'm so sorry. I love all things Canadian," said the Brooklyn-based scribe. "I got married in Nunavut, in Grise Fiord, the northernmost civilian settlement — I mean, come on. Glenn Gould, I like him quite a bit. I just had a picture taken of me sitting next to him, at that statue outside the CBC. I ate poutine last night along with some Niagara ice wine, dessert wine. I mean, I'm giving it all for this country."

THE CANADIAN PRESS

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J. K. Rowling ALL PHOTOS GETTY IMAGES

Rowling admits not every little thing she does is magic — like Ron & Hermione

Harry Potter author J.K. Rowling is having second thoughts about having ended the series with heroine Hermione Granger paired up romantically with Ron Weasley.

The hugely successful author tells *Wonderland* magazine she chose the red-haired Ron for Hermione for very personal reasons.

She told the magazine she "wrote the Hermione-Ron relationship as a form of wish fulfilment" and said the couple might eventually need relation-

ship counselling.

The soon-to-be published interview was reported in *The Sunday Times*, which also quoted actress Emma Watson, who played Hermione, expressing doubts about the viability of her character's relationship with Ron.

She told the newspaper that many fans doubt Ron can make Hermione happy over time.

Many fans had hoped Harry and Hermione would become a couple. **THE ASSOCIATED PRESS**

One super bowl too many? Biebs held before big game as jet searched for pot

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to Page Six. Bieber was travelling with his father, Jeremy, and about 10 other friends. While drug-sniffing dogs reportedly identified two pieces of luggage as containing marijuana, nothing was found and Bieber



Justin Bieber

and his entourage were allowed to leave. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Jackman to drop anchor in Jack Sparrow's lagoon

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming *Peter Pan* movie. I think I speak for all of us when I say, "Captain Jack Sparrow who?"

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shee-eee-eee-eee will

always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the *News of the World*. "I may have a useful tip for you," says Kate Gosselin's sister.

Rovio, the maker of *Angry Birds*, wants to make it completely clear they "do not collaborate with spy agencies." They will, however, admit to turning previously well-functioning adults into empty shells that can only be filled by the laughter of evil pigs and thus are completely vulnerable to oppression by the agents of totalitarian governments.

This week in *What Event* was Worse? The Pope's lovely peace doves getting viciously attacked by a seagull and a crow or Jamie Foxx introducing his daughter by saying, "this is my seed?"



Lorde

She is 17 going on 45: Lorde cracks wise as age conspiracy debunked

With the success that 17-year-old singer Lorde has achieved, it's easy to believe conspiracy theorists when they claim she's lying about her age. In fact, rumours to that effect reached a fever pitch after her recent Grammy victory, so website the Hairpin went ahead and published her full

New Zealand birth certificate, which proves that Lorde — real name Ella Maria Lani Yelich-O'Connor — was born Nov. 7, 1996. Of course, some conspiracy theorists still aren't convinced. Lorde herself is taking it in stride, joking to *Vanity Fair* recently, "Hi, I'm Ella, and I'm actually 45."



Owen Wilson

It's another boy for serial baby daddy Owen Wilson

Owen Wilson is a dad once again, welcoming a baby boy with ex-girlfriend and former personal trainer Caroline Lindqvist, the actor's rep confirms to *People* magazine. "They are not living together,

but Owen is involved (in the pregnancy)," a source said prior to the baby's birth. "He comes to doctor's appointments and makes sure Caroline is doing well." Wilson also has a three-year-old son with ex Jade Duell.

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Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Inaccurate income projections

I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund stuff like home maintenance, vacations,



gifts and the like.

Not enough categories

Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all. Another prob-

lem that goes hand in hand with this one is:

Failure to include expenses

Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals... there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash

People spend cash without

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

Gail Vaz-Oxlade

keeping track of where it's going and that throws their budgets out of whack. Some people use bank machines like a wallet, pulling \$20 here and \$40 there as needed.

The problem with this approach is that money flows

away without any record of where it's gone. And if you know you have a bill coming due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save

People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

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Choose organization over obliteration

Inbox overload? How to avoid declaring email bankruptcy

Whether it's steady trickle of daily emails or the hundreds of messages streaming in during your vacation, hitting the reset button on your inbox may seem like the easiest way to cope with the digital deluge.

In a recent New York Times article, columnist Nick Bilton wrote of his decision to delete all of his

46,315 unread emails, starting the new year with an empty inbox.

"I think it stems from this ability to have access to technology anywhere and anytime," said Jui Ramaprasad, assistant professor, information systems at McGill University's Desautels Faculty of Management.

"All of these companies we interact with have mobile applications or have social media handles they want you to follow them on. And you just do it one at a time and all of a sudden, it ends up with complete in-

formation overload."

Yet while declaring email bankruptcy may offer momentary respite from the flurry of messages, there's little to stem the inevitable tide of new ones filtering in.

"By purging everything, they're just going to get in this continuous loop of overwhelm, and it will never go away unless they change their approach and outlook of how they deal with email," says Ottawa-based productivity consultant Valeri Hall Little of Intandem Business Efficiency.

THE CANADIAN PRESS

You've got mail!

Rather than responding to the urge to hit delete all, experts suggest finding more efficient ways to manage the influx.

- Christina Cavanagh, author of *Managing Your E-mail: Thinking Outside the Inbox*, said the inbox should be treated as a central control to assess which emails can be dealt with in a few minutes and which others can be filed for handling later.

- Valeri Hall Little of Intandem Business Efficiency said individuals should change their mindset about managing their inbox to "processing" rather than checking emails. She coaches clients to create three processing folders: action (for tasks that require more than two minutes); reading (for newsletters); and pending (messages that require a response.)

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You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI
SALEMI
Metro World News

Street fighting and self-defence require quick thinking and an ability to "shoot first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, *Street-Fighting Mathematics*.

For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid students of math anxieties by emphasizing the art of problem-solving without doing an exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about



Who hasn't experienced the desire to deck their long-division homework? ISTOCK

whether they've made a decent effort to find the answer.

By showing students an equation as they stare at various symbols in fear, he tells them not to worry, since the answer will be found differently from how they expect it to be anyhow.

"The paranoia will freeze them up and just like in a street fight, they'll get slaugh-

tered." In order to become liberated, he focuses on action in doing something reasonable and reacting without over-thinking a solution — in other words, estimating.

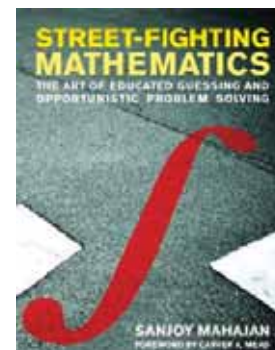
The class challenges the idea that math is supposed to be exact, as students toss away the notion of perfection and right and wrong. To drive home the ninja math tech-

nique, he often uses Navier-Stokes equations, considered some of the most complex math equations out there. He says it literally takes years to solve these problems, but "to hell with that, that's not a street-fighting approach." With a long, arduous approach, he says problems will not be solved and suggests the street-fighting approach as a

way to make progress.

Students inevitably apply the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he explains: "When the going gets tough, lower your standards."

Mahajan used the technique to learn German, for example. The language has



Math-o-phobia

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered."

Dr. Sanjoy Mahajan

endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.

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The severe market crash in October 2008 changed my life. I started running to regain my health, both emo-



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

tional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert. When facing a challenge, we typically dedicate the majority of our time to acquiring a new skill, rather than training our attitude so that the new skill can



flourish.

When I signed up for the multi-stage ultra-marathon in the Gobi, the best advice I received was that it wasn't a marathon and that "the race was 50 per cent mental attitude, 50 per cent physical aptitude." That simple statement would drive everything I did. Yes, I had to learn to run half the distance. But I would need to rely on my mind for the other half. How should I train my attitude?

I decided to run only when I didn't want to.

I ran at midnight, when I wanted to go to bed, after

a meal when I felt full, outdoor preferably during storms and blizzards, when I was ill, or when my little voice inside said, "I'm tired." And when there was beautiful sunshine outside with perfect running conditions, I went to the gym and did strength training inside instead.

Ultimately, my training would add up to less distance than most competitors who ran the Gobi. But every time I set foot outside to run, I also received the compound upshot of slowly building the mental attitude and immunity required to deal with the adverse conditions the desert would unleash.

When taking on something new, consider that for the new skills or habits to stick, an attitude adjustment should be your first step.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Entrepreneurs find a room of their own

Growing trend of co-working. Shared working environments are the 'happy medium' between traditional office and home

When Matthew Dobbie worked from home as a lawyer, often asking his neighbours or the condo's security guard to act as witnesses, he found it bothered some clients that they were meeting in his living room.

"It was awkward," he said. "I probably lost some clients because the setting didn't seem overly professional."

So when his sister heard about a company that offered co-working spaces for rent, Dobbie looked it up. Soon after he joined Workplace One. The five-storey building, located in downtown Toronto, is one of 20 establishments that offer fully furnished private offices or private desks in open-concept spaces, with shared access to

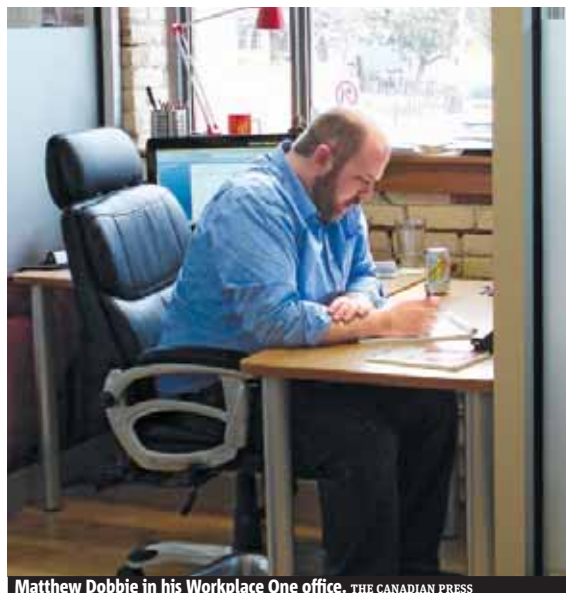
printing services, conference rooms, kitchens and other common social areas included in the rent.

"I get all that at a lower cost than if I were just renting an office on my own," the 33-year-old lawyer said. "It presents a better front. And it's a nice bonus that I have people to talk to."

In a fast-changing economy, co-working is a shared working environment that meets the needs of freelancers, start-ups, work-at-home professionals, independent contractors or mobile workers.

According to the Global Coworking Census, conducted last February by Deskmag, a Berlin-based online portal for finding shared workspaces, the number of co-working spaces worldwide in 2013 had reached 2,498. Europe topped the list with 1,160. Canada had 80. By July, the global count had reached 3,000.

Online co-working magazine Deskmag says the first official co-working space



Matthew Dobbie in his Workplace One office. THE CANADIAN PRESS

opened in San Francisco in 2005. Ashley Proctor, 32, manager of Toronto co-working space Foundry, thinks co-working is a "happy medium" between the traditional office and the isolation of home.

"You get the best of both worlds: the comforts of home without the distractions of home," she said. "That's the beautiful part."

One of the founding mem-

bers of CoworkingToronto, a collective established to raise the profile of co-working by working together, said community is the most important aspect of shared workplaces.

"Co-working is not about desk rentals or venue rentals but rather the connections people make with other members and guests in the space," said Rachel Young.

Gil Martinez is a freelance graphic designer who got lonely and easily distracted working from home. In 2011, he became a tenant at Toronto's first co-working space, the Centre for Social Innovation (CSI) in Chinatown, allowing him to get his social fix, and work done.

"Since everyone is there to work on their own stuff, office politics are not a problem," says the 40-year-old. "No one is interested in taking your job, and ... everyone is there to network and make friends."

Some tenants even found love. Edward Nason, 36, and Saara Siddiqi, 35, met at CSI in 2008. On his first day, Nason introduced himself to

all the tenants via an email sent from his "hot desk," CSI's name for a temporary desk with unassigned seating. Siddiqi was the only person to respond.

"I think it's just because I sent a picture around," he joked.

Three years later, they got married and threw their wedding reception at CSI.

Dobbie, the lawyer, has been at Workplace One for just three months, but he has already picked up some business from other tenants in the building and plans to extend his six-month contract.

Private offices there range from \$525 to \$2,000 per month. Co-working on the ground floor costs \$225. These two options can also be rented by the day.

By comparison, gross rent for office space in the downtown area ranges from \$35 to \$60 per square foot.

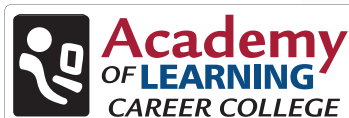
Workplace One has about 300 members across three locations totalling 75,000 square feet. A new downtown Toronto location is due to open in May. THE CANADIAN PRESS

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Moroccan flavours meet super food in Chicken, Apricot, Date and Olive Pilaf



ROSE REISMAN
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This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the healthier grain, quinoa. To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a microwave or toasted oven at 300 F.

Directions

1. Combine chicken and flour. In a large non stick skillet, add oil and sauté chicken

just until browned and half way cooked about 2 minutes. Set aside. Wipe out skillet and

spray with vegetable oil.

2. Sauté onion, garlic, carrots,

ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock,

chickpeas, chicken, olives, and dried fruit and simmer covered for 15 minutes, stirring

occasionally. Add more stock if needed.

3. Serve over cooked quinoa and garnish with cilantro and toasted almonds.



This recipe serves six. ROSE REISMAN

TOTAL TIME
ABOUT 20
MINUTES

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

- 2 lb boneless skinless chicken thighs, diced
- 1/4 cup all purpose flour
- 2 tsp vegetable oil
- 1 1/2 cup chopped onion
- 2 tsp minced garlic
- 1 cup diced carrot
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch nutmeg
- Pinch cayenne
- Pinch salt and pepper
- 1 1/2 cup chicken stock
- 1 cup drained and rinsed chickpeas
- 1/2 cup chopped green olives
- 3/4 cup diced dried apricots
- 3/4 cup diced dried dates
- 3 cups cooked quinoa
- 1/4 cup chopped cilantro
- 1/3 cup toasted sliced almonds

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

Side dish on a (phyllo) roll

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. Spray a large nonstick pan with cooking oil and heat the vegetable oil over medium heat.

3. Cook the garlic, onion, broccoli and carrots for 10 minutes or until tender-crisp, stirring occasionally. Remove from the heat and stir in the dill, egg, breadcrumbs, cheese and salt and pepper.

4. Lay one sheet of phyllo on your work surface, with the long side facing you, and spray with cooking oil. Repeat with the remaining phyllo sheets, but do not spray the last sheet. Spread the vegetable mixture over the surface, leaving a 1-inch (2.5 cm)



This Broccoli Carrot Phyllo Strudel recipe serves six. ROSE REISMAN

border on all sides.

5. Roll up tightly, jelly roll-

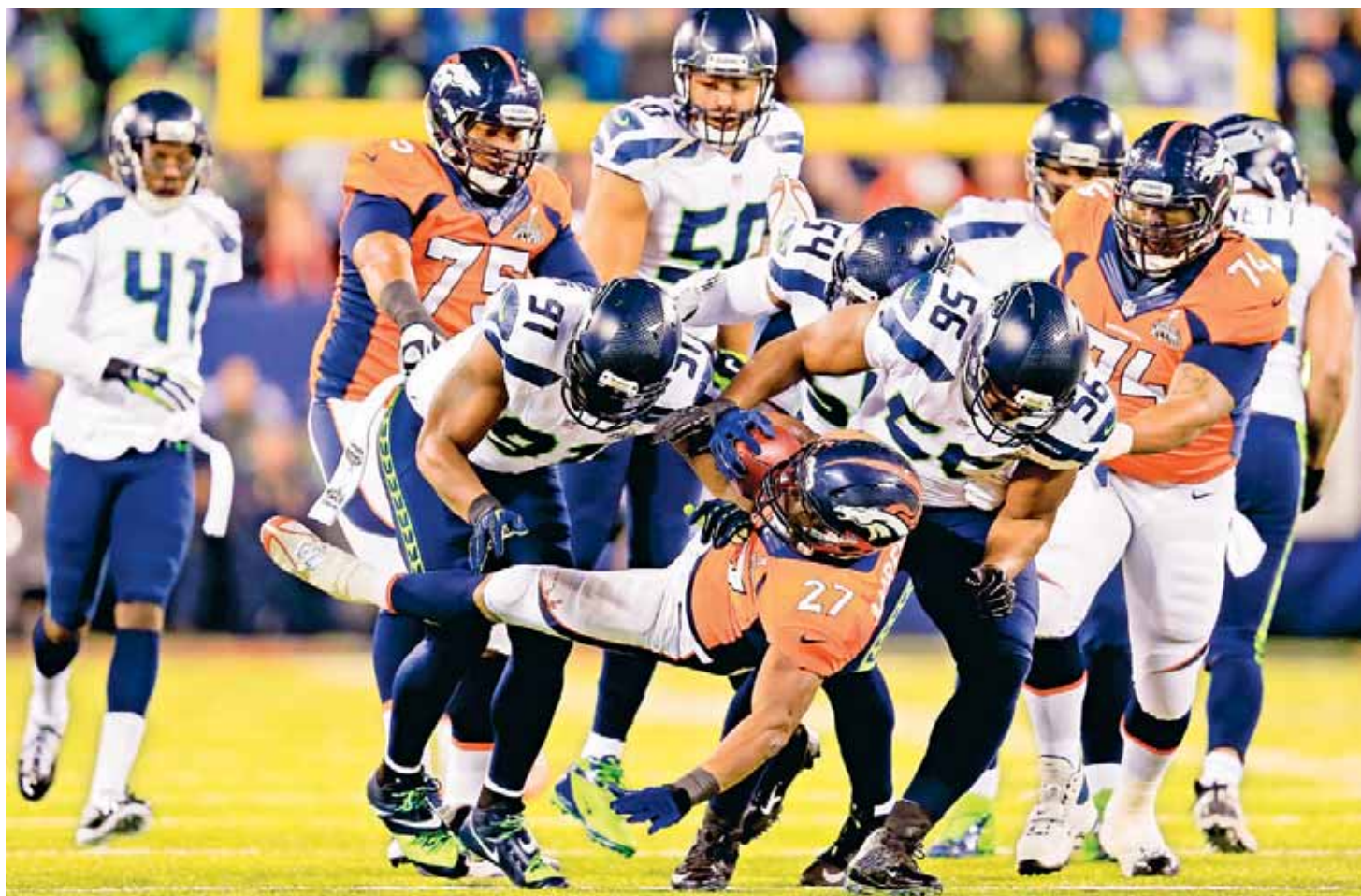
fashion, and tuck the ends under. Spray with cooking oil. Place on the prepared baking

sheet and bake for 20 minutes or until golden brown.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 cups chopped onion
- 3 cups finely chopped broccoli
- 2 cups finely chopped carrots
- 1/3 cup chopped fresh dill
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- 2/3 cups of shredded Swiss cheese (2 oz/60 g)
- pinch of salt and ground black pepper
- 6 sheets of phyllo pastry



Broncos running back Knowshon Moreno is tackled by Seahawks Chris Clemons, from left, Bobby Wagner and Cliff Avril during Super Bowl XLVIII on Sunday in East Rutherford, N.J. ROB CARR/GETTY IMAGES

4 SPORTS

Bowl-dozer

Seahawks win.
Manning's Broncos overwhelmed by Seattle's defence from start to finish

The Seattle Seahawks' mantra all season was to make each day a championship day.

They made Super Bowl Sunday the best day of all with one of the greatest performances in an NFL title game — sparked by a defence that ranks among the best ever.

The Seahawks won their first Super Bowl crown in overpowering fashion, punishing Peyton Manning and the Denver Broncos 43-8. That masterful defence, the NFL's stingiest, never let the five-time MVP get going, disarming the highest-scoring offence in league history.

Seattle (16-3) was too quick, too physical and just too good

Super Bowl

43

Seahawks

8

Broncos

- The Seahawks' Malcolm Smith earned Super Bowl MVP honours.
- Smith is only the third linebacker in Super Bowl history to earn the award, joining Ray Lewis of Baltimore in 2001, and Chuck Howley of Dallas in 1971.

for Denver, and that was true in all areas. What was hyped as a classic matchup between an unstoppable offence and a miserly defence turned into a rout.

"We've been relentless all season," quarterback Russell

Wilson said. "Having that mentality of having a championship day every day. At the end of the day, you want to play your best football and that is what we did today."

Punctuating Seattle's dominance were a 69-yard interception return touchdown by linebacker Malcolm Smith to make it 22-0, and Percy Harvin's sensational 87-yard kickoff run-back to open the second half.

When the Seahawks, up by 29 points, forced a Denver punt early in the third quarter, the 12th Man — and there were legions of them in MetLife Stadium — began chanting "L-O-B, L-O-B."

As in Legion of Boom, the Seahawks hard-hitting secondary, part of a young team with an average age of 26 years, 138 days.

"This is an amazing team. Took us four years to get to this point but they never have taken a step sideways," coach Pete Carroll said. "These guys would not take anything but

winning this ball game."

The loss by the Broncos again raised questions about Manning's ability to win the biggest games. He is 11-12 in the post-season, 1-2 in Super Bowls.

"Certainly to finish this way is very disappointing," he said.

He never looked comfortable against a defence some will begin comparing to the 1985 Bears and 2000 Ravens — other NFL champions who had runaway Super Bowl victories.

Seattle forced four turnovers; Denver had 26 all season. Wilson, who has an NFL-record 28 wins in his first two pro seasons, including playoffs, had a 23-yard TD pass to Jermaine Kearse late in the third quarter to make it 36-0.

Wilson also hit Doug Baldwin for a 10-yard score in the final period.

For the fifth time in six meetings between the NFL's No. 1 offence and defence, the D dominated.

THE ASSOCIATED PRESS

Opening snap

Safety first but not planned by Broncos

All those records, all for naught.

Peyton Manning couldn't cap the greatest season any NFL quarterback ever had or secure his legacy as the best QB in history because his Denver Broncos came down with a case of the yips Sunday night.

They fell behind right from the start and never recovered.

The bumbling Broncos trailed before Manning ever got his hands on the ball because Manny Ramirez's bad snap went for a safety 12 seconds into the game.

It only got worse as the Seahawks scored the game's first 36 points.

THE ASSOCIATED PRESS



A snap sails past Peyton Manning for a safety. GETTY IMAGES



Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe pose for a photo after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. Skiing has always been a family affair in the Dufour-Lapointe household. PAUL CHIASSON/THE CANADIAN PRESS

Sister skiers take bumps together

Freestyle skiing.

Dufour-Lapointe trio look to make podium in moguls at Olympics

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters.

But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and

Podium-proven performers

Justine, 19, goes into Sochi having won bronze at last year's world championships. She had five podium finishes in six races on the World Cup tour this season, including two victories.

- Chloe has been on a World Cup podium three times, while Maxime picked up her first career podium at Deer Valley this season.

"We're going to put on a show that Canadians will remember for a long time."

Justine Dufour-Lapointe says she and her sisters will be noticed in Sochi.

went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters, it took her the longest to reach her full potential.

"I had some tough moments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt."

"I'm an analytical person and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

Maxime agrees.

"Having them there gives me feelings of security and comfort," she said. "I know they won't be afraid to be honest with me."

"We aren't afraid to call each other out if we have to. It makes me a better athlete and it's the same for them. It's a constant learning process."

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

THE CANADIAN PRESS

Sports in pictures



1 Curling. Homan serves notice she's ready to defend title

Rachel Homan and Team Canada grabbed the early lead and held it on for a 9-6 win in nine ends over Quebec's Allison Ross on Sunday at the Scotties. The defending champions are the lone team yet to lose a match at 3-0.

THE CANADIAN PRESS

2 Golf. Stadler earns first career PGA tour title

Kevin Stadler won the Phoenix Open on Sunday for his first PGA Tour title when playing partner Bubba Watson missed a five-footer for par on the final hole. Watson and Canadian Graham DeLaet finished one stroke back.

THE ASSOCIATED PRESS

3 NHL. Frolik and Enstrom boost Jets past Habs

Michael Frolik and Tobias Enstrom scored to give the Winnipeg Jets a 2-1 victory over the Montreal Canadiens on Sunday afternoon. Al Montoya stopped 30 shots, giving up the Habs' lone goal to Brian Gionta.

THE CANADIAN PRESS

4 NHL. Ward rejoining Hurricanes after conditioning stint in AHL

The Carolina Hurricanes have recalled goalie Cam Ward from his brief conditioning stint in the minor leagues. The team announced the move Sunday. The 2006 Conn Smythe Trophy winner missed Carolina's last 14 games with an unspecified lower-body injury and began his conditioning stint Friday. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

Taurus

April 21 - May 21

If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

Gemini

May 22 - June 21

You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

Cancer

June 22 - July 23

It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

Leo

July 24 - Aug. 23

You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

Virgo

Aug. 24 - Sept. 23

If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

Libra

Sept. 24 - Oct. 23

You may have to cut corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

Scorpio

Oct. 24 - Nov. 22

Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

Sagittarius

Nov. 23 - Dec. 21

You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

Capricorn

Dec. 22 - Jan. 20

The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

Aquarius

Jan. 21 - Feb. 19

This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

Pisces

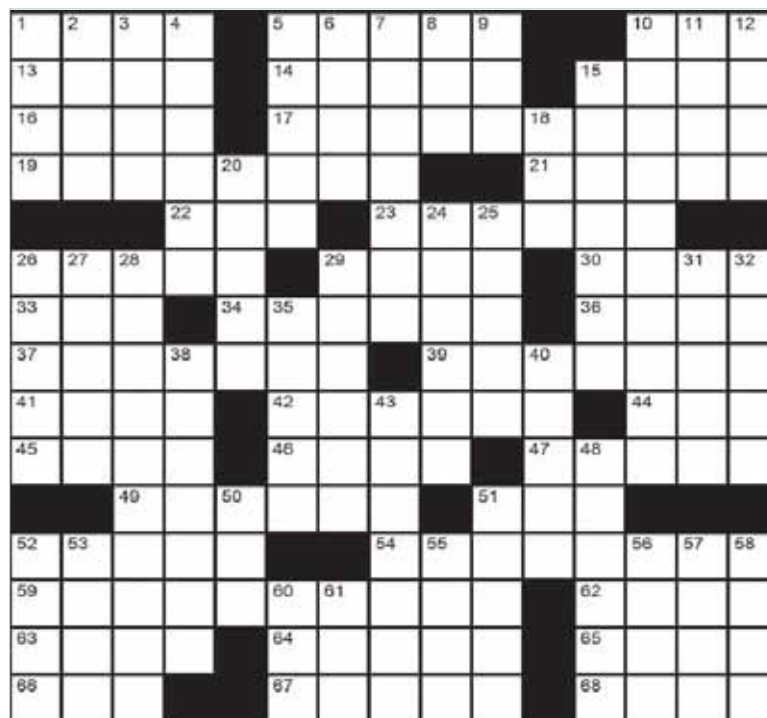
Feb. 20 - March 20

Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Brother of singer Brandy, ___
- Attempt or fetch: 2 wds.
- Exchange rings
- True: French
- Jim Croce's "I Got ___"
- Swell
- Word's history [abbr.]
- Evangeline's poet
- Soak with the sponge some more
- How some are in love
- Facing [abbr.]
- Salad ingredient
- Married man, fun-style
- 1997 Peter Fonda title role
- "___ la Douce" (1963)
- Give ___ try
- Tirade talker
- Years: Spanish
- Ms. Harris of "Love It or List It Vancouver"
- Net-using fishermen
- Alan of "M*A*S*H"
- Actor Kevin, and surnamesakes
- Compass dir.
- "It's ___ real!"
- Good: French
- Beginning
- Remember
- Stir



- ___ recording
- Standard Time: Scottish-born Canadian, Sir ___ Fleming (b.1827 - d.1915)
- Justin Bieber's 'contest of speed' in Miami: 2 wds.
- Opera tune

- Stage setting, ___-en-scene
- Path to travel on
- George Harrison's "___ It a Pity"
- Educ. institution
- "Vogue" dancer
- Didn't walk there

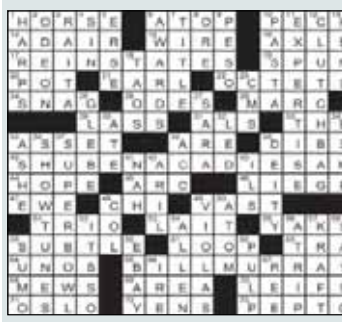
Down

- Winnebago owner, informally
- Mr. Johnson
- "Divine Secrets of the ___ Sisterhood" (2002)
- "The Waltons" son
- Lively dance

- Due ___ before... (Submission info)
- Engine-of-a-car part
- Texter's "Egads!"
- Black-and-white jersey wearer
- Canadian band, The ___ of Manitoba
- Organic com-

- pound
- Like Mother Nature's morning coat
- Rome attraction, ___ Amphitheatre
- Record co.
- Heidi author, Johanna ___ (b.1827 - d.1901)
- Filmom's Liam
- Filmmaker, Maya
- Type of headscarf
- Serviceable
- Canadian-invented bluffing/trivia game
- Remove the painting's holder-upper
- Certain code
- Holding
- Limerick's rhyming pattern
- The snow' in Quebec: 2 wds.
- Has peculiar-ness: 2 wds.
- Canuck temperature measure
- "That's against the rules!": 2 wds.
- ___ anglais (English horn)
- Wrath
- Nav. ranks
- Type of acid
- AM part
- Roughly: 2 wds.
- Peel
- Agenda info
- Dadaist Jean
- Murmur

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -17°
MIN: -18°



MAX: -21°
MIN: -24°



MAX: -20°
MIN: -29°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes" **WEEKDAYS 5:30 AM**



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